

Being healthy nice change for Bullitt Central

BY MIKE FARNER
SPORTS EDITOR

SHEPHERDSVILLE – It is nice being healthy.

After struggling through a holiday tournament at Logan County, the Bullitt Central Lady Cougars returned home and recovered from the flu. Coach Stephanie Troutman's first team won for the sixth straight time since the clock turned to 2026 with four wins over six days last week.

The Lady Cougars won ten games last season, but at the start of this week the team had an 11-7 record and had moved into the upper level of teams in the Sixth Region as formulated by the KHSAA RPI rankings.

On Monday, the Lady Cougars went on the road and slipped past Eastern 61-57. Two night later, the team had no issues as they defeated Seneca on the road 67-33. Bullitt Central got to play at home on Friday and cruised past Fern Creek 60-43. Perhaps the best performance of the streak came on Saturday afternoon when the Lady Cougars traveled to Elizabethtown and defeated Central Hardin 53-49.

Bullitt Central will play three games during each of the next two weeks.

"I am proud of the way that we started tonight," Troutman said after the win over Fern Creek. "We have struggled in the first quarter of some recent games. The



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Bullitt Central Awel Deng battles for the ball.

game tonight we had good energy from the start."

Troutman did say that despite the busy schedule, that the team had a full practice on Tuesday, but did go light on Thursday.

The biggest news at this point is that the team has

found multiple scoring options. There was a time when the team needed junior Cami Bickett to carry the load, but against Fern Creek she did not score in the first half, but the team still had

a 31-17 advantage. Bullitt Central had three players

score in double figures as Bickett had just seven points. Sophomores Chloe Hurst and Alexius Rinker led the way with 14 and 13 points, respectively while junior Abrie Dillman finished with 12 points.

"I think we have had five different players lead us in scoring in games this season," Troutman pointed out. "You never know who it will be on any given night."

"They have stepped up to the challenge," the coach added. "They know that if it is not their night (scoring) that they will rebound and play defense."

In the tight win over Eastern, Bullitt Central's five starters scored 58 of the 61 points with each scoring at least night points. Bickett led the way with 15 points while Dillman had 13, Kynslee Gibson 11, Hurst 10 and Rinker had nine points.

The Lady Cougars have two post players, Gibson and Awel Deng, but Troutman has settled into playing four guards and playing at a fast pace, putting up a lot of shots. Against Eastern, the maroon and gray took 62 shots, making 24 (39 percent). The team was seven of 21 on three-pointers.

"It just depends on how the game is developing," Troutman said of the rotation for Gibson and Deng. We try to stick with four guards

and one post player.

Sometimes we have played them together. We would like to fast and let them go.

"I think we kind of know where we are now," the coach added. "We are experimenting with a few things and trying to get better with each game."

Against Seneca on Wednesday, it was Dillman that took the lead in scoring with 24 points while Bickett had 16 and Rinker 13. The Lady Cougars had 67 shots in this game and were around the same percentage (37 percent) while making a dozen three-pointers with four each by Dillman and Bickett.

At home on Friday against Fern Creek, the game was

not nearly as close as the final score might indicate.

The Lady Cougars pushed the lead to as many as 28

points early in the fourth quarter before Troutman

subbed heavily before coasting to the 60-43 win.

This time, the team took 69 shots, making 22 for a

32 percent mark. The group

had just seven three-pointers in 25 chances.

Gibson and Deng led the

Lady Cougars with eight and

seven rebounds, respectively.

Bickett also had seven

rebounds as Bullitt Central

had a 46-28 edge in

rebounding.

As of press time, no stats

or scoring were available

for the win over Central Hardin on Saturday afternoon.

AT EASTERN

Monday, January 12

BULLITT CENTRAL 61 – Cami Bickett 15, Abrie Dillman 13, Kynslee Gibson 11, Chloe Hurst 10, Alexius Rinker 9, Malia Hagan 3.

EASTERN 57 – ShaMari Robertson 23, Autumn Brock 16, Nyla Gordon 6, Lily Brown 6, Liana Mattison 4, Ava Skinner 2.

AT SENECA

Wednesday, January 14

BULLITT CENTRAL 67 – Abrie Dillman 24, Cami Bickett 16, Alexius Rinker 13, Awel Deng 5, Chloe Hurst 4, Madison Vineyard 3, Kynslee Gibson 2.

SENECA 33 – Janell Julie 11, Loriel Donaldson 11, Justice Parks 8, Eryn Bates 2, Sameria Wilson 1.

AT BULLITT CENTRAL

Friday, January 16

FERN CREEK 43 – Adeline Parrino 14, Destiny Davis 11, Sephora Mbanzango 7, Mya Brown 5, Taniya Fowler 3, Jaynia Brown 2, Deanna Dowdell 1.

BULLITT CENTRAL 60 – Chloe Hurst 14, Alexius Rinker 13, Abrie Dillman 12, Cami Bickett 7, Awel Deng 6, Kynslee Gibson 4, Malia Hagan 3, Madison Vineyard 1.

LEGAL NOTICE

NOTICE OF PUBLIC HEARING

In accordance with the provisions of the Kentucky Revised Statutes, Chapters 100.207 and 424.270, notice is hereby given that the City of Shepherdsville will hold a public hearing at City Hall, 634 Conestoga Parkway, Shepherdsville, Kentucky,

on Monday, February 9, 2026 at 6:00 p.m.

The purpose of this hearing is to consider the following application to rezone

800 Beech Grove Rd. from R-1 to R-3.

All interested citizens are urged to attend this hearing. All files can be reviewed at City Hall from 8 a.m. to 5 p.m., Monday through Thursday, and 8:00 to 12:00 p.m. Friday.

BULLITT COUNTY FISCAL COURT

is leading the fight against opioid use!

2025 Achievement Award Winner

"Without continual growth and progress, such words as improvement, achievement, and success have no meaning." – Benjamin Franklin

The National Association of Counties is proud to award Bullitt County, Ky.

A 2025 Achievement Award for its program titled:

Bullitt County Mental Health Court

Matthew Chase, CEO/Executive Director

NATIONAL ASSOCIATION OF COUNTIES (NACo)

Supervisor James Gore, NACo President

NACo 2025 ACHIEVEMENT AWARD

Winner

BULLITT COUNTY MENTAL HEALTH Court program recognized nationally

The National Association of Counties recognized Bullitt County attorney Tammy Baker and the Mental Health Court program in the category of Criminal Justice and Public Safety.

The local program graduated three participants this spring with another three to graduate in September. The program is completely funded through the Opioid Settlement Funds presented to Bullitt County Fiscal Court.

This educational ad paid with opioid settlement funds

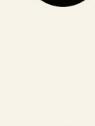
NETWORKING LUNCHEON

Keynote Speaker: Jerry Summers, Bullitt County Judge Executive

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FEB 12TH

11:45AM-1 PM

Paroquet Springs Conference Centre

395 Paroquet Springs Drive, Shepherdsville

Non-Profit Highlights:



Register to attend this event: www.bullittchamber.org